

Improving Your Self-Worth

By Craig Miller

Have you ever felt not good enough, questioned your abilities, and second guessed yourself? Questioning or doubting your abilities is actually a result of deeper issues that originate from a lack of believing in your own self-worth. Struggling to believe in yourself and the questioning of your abilities is among the most common underlying negative issue that radically affects how you think about yourself and subsequently respond to life situations. Without going into too much detail, your self-worth primarily originates from how you are treated by the important people early in your life. In essence, the amount of loving affection, words of encouragement, and positive events you encounter in your child and teenage years will greatly determine the measurement of worth and value you believe about yourself. If your caregivers showed an interest in you by giving words of encouragement about an accomplishment, their interest would create a belief that your activity is worthwhile. And if your activity is worthwhile, then you will believe you are worthwhile. Conversely, a lack of affection and little interest in your activities will create a belief there is little about you that is worthy. When your sense of worth is low, it becomes difficult to believe that something you say or do will measure up to become acceptable, important, good enough, or valuable to someone else.

When you do not feel worthy, there is a greater tendency for situations that occur in your life to create the belief that you are: unloved or unworthy to feel or receive love; not accepted; unattractive; unsuccessful or a failure; unforgiven or unable to show forgiveness; blamed; stupid or insignificant; untrusting; or a victim.

The following are some basic ways to begin improving your self-worth:

1. Distance yourself from people who are negative, critical, and sarcastic. If these people are family or close friends, then you need to either tell them how much it hurts you or seek professional counseling to learn why you cannot be honest with your feelings.
2. Stop yourself from thinking and saying negative and critical comments to yourself.
3. Everyday look in the mirror and tell that amazing person you see, you are amazing you are and that you can do whatever you put your mind to.
4. For those who are faith minded, repeat the following: Because I am wonderfully made by God, I receive the blessings of my heavenly Father's inheritance of love, worthiness, goodness, and faithfulness for the healing of my heart, mind, and soul.
5. If you question most everything you do, do not feel what you accomplish is good enough, and/or cannot enjoy new opportunities because you are afraid they will not be good enough, I recommend you seek professional counseling to help you through your feelings. Masterpeace Counseling in Tecumseh has trained to professionals to help with this situation. For more help with improving your worth, I recommend you purchase Craig's book, *Declaring Your Worth*, from his web site, www.insightsfromtheheart.com

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